

STC Transition Talk with Hannah Peel



STC: Hannah, we're glad you've joined STC this season and seeing your name twice on the results page made us smile. Tell us how you came to join STC?

Hannah: It was actually Hannah Peel (the 1st) who told me about STC and it sounded ideal for me, I am definitely in need of support and training advice which is exactly what I've been getting.

STC: That's great. Was it her who persuaded you to take up triathlon as well?

Hannah: Yes it was. I was a keen runner and took on half marathons and 10k race. It was

Hannah who planted the seed of triathlon, but I thought it was well and truly out of my league.

STC: So we know you can run, how were you at cycling and swimming?

Hannah: I had cycled on a mountain bike on quiet roads in the south of France where my Dad lives, but no experience on a road bike – especially not on the hills of the peak. For swimming I had never swum front crawl and it was my partner Tom, who is a swimmer, that convinced me to try out front crawl. I started off unable to swim 25m without stopping, but with perseverance (from me) and patience (from Tom) I built up to swimming a mile at the Great North Swim! I was extremely relieved to make it to the finish line without sinking or freezing! It was in the euphoria of finishing it that a little thought at the back of my mind was thinking that maybe a triathlon wasn't such a crazy idea after all. That evening I bought a triathlon magazine and began plotting my next move.

STC: It's amazing what the body can achieve when the mind is focused. Well done on completing the swim. Now that you caught the bug, what was your first triathlon?

Hannah: Sundowner Sprint Distance Triathlon last September. I can genuinely say I have never been so terrified in my life! The week before was the first time I had been on a road bike – a borrowed one at that! I was so nervous and confused setting up for the race as there was so much to think about. After a pep talk with myself the nerves began to settle. The hardest part was going to be the swim as I wasn't confident of my front crawl or swimming in opening water. During the swim I realised there was a third element to contend with – other competitors! Imagine my shock when I was punched in the head a couple times! I was relieved to make it to the end of the swim. I loved the bike ride and was far more confident than I expected on the borrowed road bike. I'm a confident runner so the final discipline was enjoyable. At the end of the race I was absolutely delighted, I had loved it, this was definitely not the end of my triathlon racing.

STC: Fantastic story Hannah, sounds like a baptism of fire in the swim. How did you find doing transitions for the first time?

Hannah: I'm not sure I'd fully grasped that you were supposed to be quick and that sitting down and eating a banana is not really what people do!

STC: Do what works for you. If you want to sit down in transition then that's fine by us! Now you're new to the club, people will certainly know your name, but maybe not your face. Where can we find you?

Hannah: My swimming has come along after going to the Saturday 6pm at Graves sessions, I'm feeling less like a beginner now. I've also been going to the track sessions at 7pm on a Tuesday down at Woodbourn Road. It's really impacted my running and have finally started getting some Parkrun PBs. I also intend to try the beginner group ride sessions, having finally bought my first ever road bike these sound ideal for me.

(continued on the following page...)

STC: Great to see you're developing. Watch out Hannah Peel, Hannah Peel 2.0 is coming for you! Do you have any advice for people who have yet to take the plunge and compete in their first triathlon?

Hannah: My advice for anyone else who has just joined the club or is planning to do their first triathlon would be to go to as many of the training sessions as possible, everyone has been extremely friendly, helpful and supportive and this seems to be making a big difference for me.

STC: And finally, what does your 2018 Race Calendar look like?

Hannah: So far, I have entered Southwell in April, which is part of our Club Championships, and I've just entered the Hathersage Hilly*.

There we are people, Hannah Peel. Runner-turned-triathlete who will sit down in transition and eat a banana if she feels like it.

Keep posted for future STC Transition Talk. If you want to be featured or can recommend someone, please email adam_j007@hotmail.com

**Hathersage Hilly Triathlon will be on Sunday 22nd July 2018. If you're new to the STC we encourage you to take part. Over half the places have been sold out, so be quick.*

To those seasoned members, we ask if you could volunteer some time in the build up and on the day of the race so that we can continue to provide an excellent day for all our entrants.

Finally, to everyone at STC, if you haven't already please vote for the two charities you would like to see awarded a free place at the Hathersage Hilly Triathlon. There are four charities to choose from; Cathedral Archer Project, Sheffield Children's Hospital Charity, Snowdrop Project and Bluebell Wood Children's Hospice. You can vote on the FB group poll.